



Los 7 yogas (INTEGRAL) (Spanish Edition)

Ramiro Calle

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Sendas hacia el despertar de la consciencia: Hatha, Radja, Karma, Bhakti, Gnana, Mantra y Kundalini

Tras casi medio siglo de indagación en el yoga, Ramiro Calle nos ofrece esta obra única que aborda las siete ramas del yoga más importantes, todas ellas tendentes al mejoramiento humano, al bienestar psicofísico y la armonía, la paz interior y la evolución consciente.

El autor no solo se extiende sobre estas modalidades yóguicas, sino que ofrece enseñanzas, técnicas y métodos muy prácticos para alcanzar el bienestar completo del ser humano y la salud emocional.

El yoga es una técnica de vida y el lector encontrará en este libro todas las actitudes, enseñanzas, métodos y procedimientos para resolver mejor todas las situaciones de la vida y mejorar las relaciones consigo mismo y con los demás.

Ramiro Calle

Pionero del yoga en España y autor de más de doscientas obras relacionadas con la sabiduría oriental. Premio Espiritualidad 2003 e incansable investigador de todos los aspectos del yoga, está considerado el orientalista más importante en España y Sudamérica; ha investigado sobre las posibilidades terapéuticas del yoga y él mismo se sometió a pruebas médicas en diferentes hospitales. Dirige des de hace treinta y cinco años el centro de yoga Shadak en Madrid, por el que han pasado medio millón de personas. Interviene asiduamente en numerosos medios de comunicación, siempre velando por el auténtico yoga.

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